

LTCS BEST PRACTICE CATALOG SUBMISSION

Project Title: New Unit - Goal Setting Group

Function Category:

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PATIENT-FOCUSED

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ORGANIZATION

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STRUCTURES

Sub-category(s): Care of Patients **Heading:** Planning

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The following items are available regarding this Best Practice:

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Photographs

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Video Tape

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Drawings

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Manual

1. SELECTION OF PROJECT/PROCESS AREA (Describe how and why your team selected this project/process area for improvement.):

The IDT selected this Treatment Intervention to improve the unit clients' involvement in Productive Activities and thereby involving the clients in meaningful activities within vocational settings, educational settings and leisure settings. The secondary reason for the selection of this group is to increase client's independence by achieving Destination Cards and eventually earn Grounds Cards to access vocational, educational and leisure settings within the confines of the hospital facilities inside the secure treatment areas.

2. UNDERSTANDING EXISTING CONDITION WHICH NEEDS IMPROVEMENT

(Describe the relationship of your project to your goals for improvement, and describe current process performance.):

The new unit opened on 08-16-99 for PC1026 clients. Clients were transferred into the unit without PST's and ITI 's. The primary goal of team building with L.O.C. and Ancillary staff was to implement components of Active Treatment/BPSR.

3. ANALYSIS (Describe how the problem was analyzed.):

Individual Treatment Plans were reviewed for needs and services required. PST's and ITI's reviewed did not reflect an overall integrated treatment plan across vocational and productive activities, educational activities, and leisure activities. The IDT determined that the full complement of 40 clients would receive goal-oriented treatment to encourage vocational, educational and leisure pursuit by each individual and that would address their mental illness, behavioral and social deficits.

4. IMPLEMENTATION (Describe your implementation of the solution.):

- Solutions examined:

The IDT conducted individual conferences at 72 hour, 14-day, 7-day transfers and 90-day intervals. IDT implemented and utilized assessments in order to identify specific client needs.

- Reasons for selection:

The IDT determined and implemented a variety of treatment groups that would address Activities of Daily Living, Work and Productive Activities, Cognitive Components, Psychosocial Skills, Psychological Components, and Leisure Activities.

- What was done:

The Occupational Therapist/Rehab Therapist applied the Occupational Therapy Frame of Reference: Model of Human Occupations (Kielhofner1991,Bruce, Borg 1993, Levy 1993) for the protocols of a Goal Setting Group.

- How it was done:

a) The parameters of the group facilitated clients to set and achieve short term and long term goals through learning, practice and role playing.

b) The group meets once a week for 60 minutes.

c) Clients are educated in the components of goal setting through demonstration and interaction techniques.

d) Clients are provided a worksheet each week, with brief descriptions of the exercise to set short-term goals and long term goals to be achieved over a measured period of time.) Clients review their goals weekly in the group setting and peers are encouraged to offer suggestions. Peers also learn through successes, difficulties and experiences shared by others.

5. RESULTS (Demonstrate that an improvement has occurred as a result of the project/process area implementation.):

a) Upon entry to the unit, 3 of the clients had ITI's/Vocational assignments. At the end of 90 days, after implementing the treatment groups, the number of clients with vocational or educational assignments was increased by 68%.

b) Upon entry to the unit, 6 of the clients had destination/grounds cards. At the end of the 90 days, after implementing the treatment groups, the number of clients achieving D/G Cards increased by 45%.

6. LEARNING (Describe what the team learned and how they used those lessons to continuously improve the success of this Best Practice.):

The Interdisciplinary Team learned that clients require an integrated approach of education and practical learning. Clients demonstrated vocational, educational and independence acquisition by integrating initiation and termination of short term and long term goals through:

- problem solving
- concept formation of values and interests
- self-management
- role performance.

The IDT learned that clients require short term and long term planning to meet their identified needs with regard to their mental illness and social deficits. Additionally the staff who work with the clients within the group setting implemented components of behavioral techniques that can result in a reduction in assaultive behaviors both on and off the unit as evidenced by positive comments from the vocational and educational and leisure site supervisors.